



**LOK  
KALYAN  
SAMITI**

**YEAR' 2025**

**NEWS**

For Private Circulation Only



*Happy*  
*Holi*





*From the General Secretary's Desk*



Greetings from Lok Kalyan Samiti!

Dears Donors:

Let me begin by extending my warm greetings to every one of you on the auspicious festival of Holi—a celebration of life, love and the enduring power of positivity.

At Lok Kalyan Samiti (LKS), our mission is to serve our people with affordable Healthcare and Education. Celebrating the collective spirit is integral to our philosophy. LKS's holistic approach to Eye Care, combined with accessible services for other specialties, has impacted many lives. The success of these initiatives highlights our dedication to improving the quality of life through sight restoration. LKS Eye Hospital's Cataract Surgery Camps and comprehensive eye care programs are a lifeline for many, particularly the underprivileged communities and the elderly.

Regarding the children-oriented Centre in Nand Nagri, as examinations conclude in a few weeks. We look forward to the new academic session, I wish all our children academic success. In the coming months, our team will embark on their annual drive to enroll more students, anticipating another year of student rush at our Centre. Furthermore, our vocational training programs continue to skill young women, significantly contributing to the empowerment and prosperity of neighborhood communities. We first restarted our computer centre in Nand Nagri for the children. This was set up with strong support from our donors. We also added new equipment in our clinics and please read on to see the social impact we have created in a very small but meaningful way. Please do read our patient and student stories.

Look forward to your continued support for our programs. Together, we will serve more people and help them live better lives. This contributes to the overall well-being of our society and nation.

Thank you, and have a happy and safe Holi !

**Mrs Harita Gupta**  
General Secretary

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Happy Holi







# Restoring Vision and Hope: The Impact of Cataract Surgery at Lok Kalyan Samiti Eye Hospital



Imamuddin, a 70-year-old resident of Delhi's Mulla Colony, arrived at Lok Kalyan Samiti (LKS) Eye Hospital almost completely blind, aided by an attendant. The cause of his blindness was a mature cataract in both eyes, which had rendered him fully dependent on others for daily tasks. After undergoing cataract surgery at the hospital, Imamuddin's life began to change. With his eyesight slowly returning, he walked into the hospital for a follow-up visit, all by himself. His joy was palpable. "I am very happy, I can see your faces, this is amazing," he exclaimed, expressing gratitude and wonder at regaining his vision.

Imamuddin's story is not unique. Every month, LKS organizes eight Cataract operation camps, where hundreds of patients like him have their eyesight restored. These camps cater to between 150 and 200 patients each month, providing a crucial service to the community. Cataract, a condition where the lens of the eye becomes clouded, is a leading cause of blindness worldwide, especially among the elderly. LKS's cataract program is part of a comprehensive eye care initiative aimed at combating preventable blindness and offering high-quality eye care to those in need.

## Social Impact

Lok Kalyan Samiti, established in 1952, has been dedicated to uplifting underprivileged communities through a combination of welfare programs and healthcare initiatives. Over the years, our Eye OPD clinics have served thousands, with 41,588 patients receiving care in 2023-2024 alone. We have successfully performed 62,607 modern cataract surgeries as of December 2024, restoring vision and improving the quality of life for many.

Our Welfare Programs focus on empowering children and young girls through education and vocational training. The Sponsor-A-Child program has supported 7,570 children, while 14,000 children have benefitted from supplementary education. Last Year 22 students passed their board exams and secured admission into Class 11. Among them, 16 students achieved First Division with more than 60% marks, while 6 students secured Second Division, all scoring above 50%. Master Nishant

emerged as the best performer, securing over 85% marks. He was admitted to a reputed school and chose the Science stream in Class 11. Our vocational training initiatives have equipped 4,970 girls with skills in craft and tailoring and trained 507 girls in beauty parlour services, promoting self-reliance and financial independence.

Through these combined efforts in health, education, and vocational training, Lok Kalyan Samiti continues to make a profound Social Impact, fostering growth, empowerment, and well-being within marginalized communities.

Activity	2020-2021	2021-2022	2022-2023	2023-2024
Eye OPD	25,033	41,608	49,023	41,588
Cataract Operations	340	538	578	359
Phaco Surgeries	336	654	1,079	1,214
Refractions	1,780	5,010	6,740	6,209

Over 38,17,179 patients have benefitted till Dec, 2024 through LKS's Eye and General OPD clinics, And 62,607 modern, successful cataract surgeries have been performed till December 2024.





## Comprehensive Eye Care at LKS

In addition to cataract surgeries, LKS provides a range of other essential eye treatments. Patients receive care for conditions such as chalazion, which involves surgery to remove cyst-like bumps in the eyelids, and pterygium surgery, which addresses abnormal growth of tissue on the eye's surface that can interfere with vision. The hospital also offers foreign body removal for patients who have particles lodged in their eyes, which could cause serious damage if not treated promptly.

What sets LKS apart is its holistic approach to eye care. While treating cataracts, the hospital also conducts routine screenings for other eye conditions, including glaucoma, retinal problems, and conditions linked to systemic health issues like diabetes and high blood pressure. Patients undergo comprehensive eye exams that go beyond the immediate concern of cataracts, ensuring that other potential vision-threatening conditions are not overlooked.

Furthermore, LKS addresses the need for corrective eyewear. Many patients who visit the hospital's OPDs (outpatient departments) receive diagnoses for refractive errors, and appropriate corrective lenses are prescribed. The hospital's commitment to providing affordable care is evident, as it offers free spectacles to those who need them.

## Real Stories of Hope and Healing



Babu Lal, a villager from Pataudi, Gurgaon, shares his experience of getting cataract surgery at LKS's Chakkarpur Centre. After months of struggling with vision problems, he sought treatment at the hospital's OPD. Upon being informed about the surgery, he was eager to proceed, and his operation was a success. "I got the medicine and spectacles also for free," he says, highlighting the accessibility and affordability of the hospital's services. He was particularly impressed by the hygienic

facilities, the professionalism of the staff, and the presence of specialized OPDs. Babu Lal was so pleased with his experience that he now recommends LKS to others in need of eye care.

The hospital's dedication to excellence in both medical procedures and patient care is evident in the positive feedback from patients like Imamuddin and Babu Lal. These success stories reflect not only the technical skill of the medical team but also the compassion and commitment of the paramedics that drive LKS's mission to improve the quality of life for individuals affected by eye conditions.

As they walk out of the hospital, no longer dependent on others for basic activities, they carry with them a renewed sense of possibility – a vision of a brighter future.



## Proud to be part of LKS Family

Lok Kalyan Samiti is not just an institution of serving the needy and underprivileged, it also equally aspires to empower young children with innovative education solutions and young women to acquire vocational skills to earn a respectable living.



The legacy Eye Care institution demonstrates professional expertise in how donor funds are managed for a sustainable outcome and societal impact. Proud to be part of the family.

– Ms Navita Srikant, Vice-president, LKS





## Celebrating Children's Day and Special Occasions at LKS, NNC

### Ensuring Well-being for Every Child

Regular health check-ups, including eye examinations, are an integral part of the Sponsor-a-Child program at the Nand Nagri Centre. Dedicated physicians and ophthalmologists ensure that each child undergoes periodic health assessments throughout the academic session. This year, a total of 330 children received medical evaluations, reinforcing the program's commitment to their overall well-being. Monitoring children's health is crucial not only for their physical development but also for their academic progress.

### Children's Day Celebration

On the occasion of Children's Day, LKS, NNC organized a series of exciting activities to celebrate the special day dedicated to children. The event, held in both morning and evening shifts, included cultural performances such as dance, singing, patriotic songs, and poems. These performances were conducted for one hour, from 10:00 AM to 11:00 AM, providing a fun-filled atmosphere for the students.

In the morning shift, teachers, along with the Assistant Manager and LKS staff, addressed the students with motivational speeches, wishing them success in their studies and future

endeavors. As a part of the celebration, the school recognized its top performers (the school toppers) by awarding them school bags. This gesture was aimed at boosting the students' morale and encouraging them to excel in their academic pursuits.

The students, excited by the event, were also given sweets after the activities, which made the day even more enjoyable. The same activities were repeated in the evening shift, where the Headmaster shared valuable insights about the life of Pandit Jawahar Lal Nehru, the first Prime Minister of Independent India, who was a great admirer of children. He explained that Nehru's affection for children was so deep that his birth anniversary, November 14, is celebrated as Children's Day across the country.

### World Toilet Day - Importance of Personal Hygiene

On November 19th, the school marked World Toilet Day by educating students about the importance of handwashing for good health. Teachers informed the students about how proper hand hygiene can protect them from various diseases. To reinforce the message, some students showcased their drawing skills, illustrating the significance of handwashing.







### Pollution Control Day

In recognition of Pollution Control Day, a drawing competition was held for students from grades 6 to 10. The students expressed their creativity and raised awareness about the importance of controlling water and air pollution. Their artwork highlighted the need for a cleaner, healthier environment.

### Math Day

Math Day at LKS (NNC) was a challenging event where students from grades 6 to 10 solved

difficult mathematical problems. The competition encouraged a love for learning and allowed students to demonstrate their problem-solving skills.

These celebrations at LKS (NNC) were marked by activities during important occasions and which helped foster a sense of community and togetherness among the students, teachers, and staff. The events provided students with the opportunity to learn, showcase their talents, and experience the joy on these special occasions.

### Donor Message

Greetings. It has been a pleasure to be associated with Lok Kalyan Samiti for the last couple of decades and am glad to have such a wonderful association with an organization providing such committed and dedicated service in a very organized and professional way for the last seven decades by taking care of one of the most important needs of humanity – Vision – with utmost care. Their humane service in providing vision to people at no cost is unparalleled. There sponsor a child program providing care and education to underprivileged children further complement their approach to serve the society at large and work for the betterment of humanity. We have witnessed their good work at the Nand Nagri Centre. Wishing them more and more success in their noble cause.

– Mr. J. P. Mehrotra

Uma Sahay Memorial Trust - (C-24 Siddharth Enclave)  
New Delhi - 110014  
Camp conduction was really good.  
well behaved staff.  
All the patients were really happy with their operation.  
Medicine giving process was really smooth.  
Pooja

### Feedback

मैं मीना कुमारी किंगड 3-10-2023 मैं  
25-1-2025 तक लोक कल्याण समिति  
नन्द नगरी में Beauty Parlor का  
कार्य किया है। यहाँ तक और मेकप का  
पूरा काम सिरवा है इस किस को कैसे  
से मुझे आय कमाने का साधन मिला है।  
क्योंकि इस से बहुत आय होती है। अच्छी  
आय होने से मैं अपना और अपने  
परिवार का अच्छे से पालन-पोषण कर  
सकती हूँ। अपने परिवार का सहाय बन  
सकती हूँ। मुझे उम्मा है इस किस  
को कैसे से मैं बहुत तरक्की पाऊँगी।  
मैं लोक कल्याण समिति एवं अपनी  
पिय अर्चनामा श्री अती हमलता जी का धन  
जोहकर बहुत-बहुत धन्यवाद करती हूँ।

अनीता C-31584 नन्द नगरी की निवासी हूँ।  
वर्षों से लोक कल्याण समिति नन्द नगरी  
में मेरा सुवर्ण, कलाई और गुनई कार्प कर रही हूँ।  
इस पसंदि कोस लाल ही पूरा होने वाला है।  
वर्षों के दौरान मैंने बहुत अच्छे से बुट सवारा  
करना, कपड़े की कलाई तथा wollen bags, wollen  
Shawls बनाना इत्यादि बहुत अच्छे से सीख लिया  
है। अभी मैं under पर अपने घर में सिवार्ड करती हूँ।  
पिससे मुझे काफी पैसा भिजता है। जो मेरी ज़रूरतों को  
पूरा करने में मदद करता है।  
"मुझे आल्मीनकर बनाने के लिए लोक कल्याण  
समिति का बहुत-बहुत धन्यवाद।"  
अनीता  
Apt and Charit



## Better Avoid Allergens Than Avoiding Allergies

**Dr. Nafisa Parveen**, ENT Specialist at LKS, Sucheta Bhawan

Allergic rhinitis, the most common allergic condition in ENT, tends to be more widespread and severe during the winter and spring months. At Lok Kalyan Samiti hospital, we see numerous patients suffering from this condition. Many patients come with ear infection with perforated ear drum and others with sinusitis or nasal polyps due to untreated.

Common symptoms include:

1. Frequent sneezing
2. Recurrent runny nose
3. Watery and itchy eyes

Untreated allergic rhinitis can lead to complications such as:

1. Sinusitis
2. Loss of taste sensation
3. Loss of smell sensation
4. Ear infections
5. Headaches
6. Cough

The best approach is to identify and avoid the allergens causing the reaction. Anti-allergic medications can help alleviate symptoms, but if problems persist or complications arise, it's crucial to visit an ENT specialist.

## Enjoy Holi with a myriad of colors, but be careful with your eyes!

*By Dr. Seema Bahuguna, Senior Ophthalmologist, LKS Hospital*

Holi is a time for celebration, but it is also important to be cautious while playing with colors. Every year, hospitals see an influx of patients with various eye problems after Holi. The main reason for visiting the emergency room is accidental colors in the eyes.

Dry colors can contain rough particles, which can cause corneal abrasions (scratches) that may turn into ulcers if infected, potentially threatening vision. Colors can also cause infections and allergic reactions in the eyes, presenting as severe irritation, pain, and redness. Additionally, water balloons can cause blunt trauma to the eyes, leading to lens damage, bleeding, and even retinal trauma. In such cases, a thorough examination by a specialist is required.

Apart from eye injuries, bad quality colors can cause skin rashes and allergies. It is important to

clean the affected area and take anti-allergic medications. Here are some dos and don'ts to keep in mind:

### Don'ts:

- Avoid getting color in your eyes. If necessary, wear light protective goggles.
- Do not rub your eyes vigorously if color gets into them.
- Do not take over-the-counter medicine.
- Do not try home remedies.

### Do's:

- Wash your eyes thoroughly with clean tap water without rubbing.
- Use cold compresses if there is swelling around the eyes, and use lubricant eye drops.
- Visit an eye specialist immediately and take proper treatment.



## For Your Kind Attention Please

We appreciate the generosity of our donors. If you're making donations via banking channels, please ensure you provide your name, address, and PAN No. Without these details, we are unable to issue a 10BE certificate, which is necessary for claiming a tax rebate on your donation under the old taxation regime.

**Important Note:** Donations received without complete information (name, address, and identification) are treated as anonymous donations and are liable to tax at 30% + EC, subject to other provisions.

**Action Required:** Please send us the details of your online transactions via email ([info@lokkalyansamiti.org](mailto:info@lokkalyansamiti.org)) or WhatsApp (9871006976) so we can acknowledge your contributions and send you formal receipts.

Thank you for your cooperation and continued support!



## You can send funds directly to our Bank Account

You can remit funds directly to our ICICI Bank account from your Bank account. Please note the banking details as given below :

**Title of A/c** : LOK KALYAN SAMITI  
**A/c No.** : 054801000477  
**Name & Address** : ICICI Bank Ltd., NBCC Place, Bhisim Pitamah Marg,  
Pragati Vihar, New Delhi-110003  
**IFSC Code** : ICIC0000548

## Information for Foreign Currency Donors

Foreign Currency donors can use SWIFT Code which is **SBININBB104** for credit to Saving bank A/c No. **40239877493** of Lok Kalyan Samiti with State Bank of India, FCRA Cell, 4th Floor, State Bank of India, New Delhi Main Branch, 11, Sansad Marg, New Delhi-110001.

**Branch Code : 00691, IFSC Code of Bank's Branch : SBIN0000691.**

*Please advise us details of your remittance separately i.e. Name/Address/Cheque No/Amount etc.*

## You can now pay Donations Online/

Apart from donating through our website <https://lokkalyansamiti.org> you can send donation either directly to our bank or through - Payment wallet /UPI- Paytm, Google Pay etc. (No. 9871006976) OR Scan the QR Code.

**Please do inform us by WhatsApp message on 9871006976 about your donation through Paytm/Bank transfer.**



**You can send us Cheque in favour of Lok Kalyan Samiti.**

HAPPY HOLI

## YES, I WANT TO SUPPORT...

- Full sponsorship of one Cataract Eye Operation Camp - 4 lakh \*
- Partial sponsorship of one Cataract Eye Operation Camp - 2 lakh \*
- Contribution towards One patient Cataract Operation - Rs. 20,000/- \*
- Contribution for ..... Children @ Rs. 20,000/- per child per year.
- Any Amount may be contributed for Infrastructure fund.

Name \_\_\_\_\_

Address \_\_\_\_\_

Mobile : \_\_\_\_\_

E-mail \_\_\_\_\_ PAN \_\_\_\_\_

Date of Birth \_\_\_\_\_ Marriage Anni. \_\_\_\_\_

*\* Note : Partial contribution of donation towards any of the above may also be made.*

*"All donations made to Lok Kalyan Samiti are 50% exempt from tax under Sec- 80G of the Income Tax Act".*


**Registered under the Societies Act XXI of 1860**


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